

ACTIVITY 15

Guided Reading Activity

FOR USE WITH CHAPTER 5, LESSON 1

Directions: Briefly answer the following questions in the space provided.

1. Define the term *nutrition*.

2. What is a calorie?

3. What are nutrients and how does your body use them?

4. What is the difference between hunger and appetite?

5. Explain how each of the following environmental factors affect food choices.
 - a. Family, friends, peers: _____

 - b. Cultural and ethnic background: _____

 - c. Convenience and cost: _____

 - d. Advertising: _____

6. What are three benefits of proper nutrition?

